

Slow Cooker Chicken Tacos

Instructions

1. Set the slow cooker to high. Add the chicken, salsa, water, and spices, and cook for 4-5 hours.
2. Remove and shred the chicken. Return it to the slow cooker and cook for an additional 30 minutes on low.
3. Serve the chicken as you prefer: in taco salads, taco bowls, or tacos. Add your preferred toppings and enjoy!

Ingredients

- 2 lbs. chicken breast or thighs (recommended to use one pound of each)
- 1 cup salsa
- ½ cup water
- 1 tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper
- Pre-made taco seasoning or add the following individual spices:
 - 2 tsp ground cumin
 - 2 tsp chili powder
 - 1 tsp ground coriander
 - ¼ tsp cayenne powder

Grocery List

Meat

- Chicken breast and/or thighs

Spices and Canned Goods

- Salsa
- Garlic powder
- Sea salt
- Black pepper
- Taco seasoning, or the following individual spices:
 - Ground cumin
 - Chili powder
 - Ground coriander
 - Cayenne pepper

Optional Toppings

- Tortillas
- Lettuce
- Cheese
- Sour cream
- Jalapeños
- Guacamole